



# B<sup>4</sup>

**STRENGTH &  
FITNESS CLASS**  
You'll thank us **AFTER!**

**Bands, Balls, Bells & Body**

Using industry best strength training, B<sup>4</sup> gets "customized" by varying rest time, reps and loads. All under direct supervision from our staff.

**LET B4 COMPLETE YOUR TOTAL  
SPORTS PERFORMANCE!**

Weekly Video Training Tips Sent Directly to All Active Members

**Monthly Membership Special**  
**\$30/month**

**MON / WED / FRI 4:00 pm**

**TUE / THU 5:00 pm**

**SAT 11:00am**

**SUN OPEN GYM**

**Ages 10+**

**Ask about our team & group training!**